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HOUSEKEEPERS' CHAT Friday, October 30, 1931

(NOT FOR PUBLICATION)

Subject: "Ways with Tomatoes." Information from the Bureau of Home Economics, U. S. D. A.

Publication available: "Food for Young Children," and "Ripe and Canned Tomato Recipes." Order from Bureau of Home Economics, U. S. D. A.

--ooOoo--

After the chat we had about green tomatoes and all the letters that came in asking for our leaflet on the subject, I remembered that I hadn't said much this whole fall about ripe tomatoes, raw or canned tomatoes. And that is something that ought to be discussed every fall--and probably every winter, spring and summer, too.

Tomatoes, you see are some of the most useful vegetables we have. "A bargain in the food line," the Menu Specialist calls them. This is because they are inexpensive raw when in season, and inexpensive canned always. And because they have special food value and may be used in more different ways than I could count if I tried. There is a tomato dish suitable for any course at the most elaborate dinner. You can start in with chilled tomato juice cocktail or hot tomato bouillon, continue with tomato sauce or catsup for the fish course, tomato as a vegetable with the main course, tomato in salad, tomato preserves for dessert and so forth. Even then we aren't even mentioning half the tomato possibilities.

Tomatoes, you see, seem to belong to both fruits and vegetables and are used in different ways as either. They can be included in the menu every day without becoming monotonous. And they are especially valuable for families on a small food budget who must use low-cost menus. No other single vegetable for its cost contributes vitamins and minerals so generously.

Then there is the matter of the children's diet to be considered. Many child-nutrition specialists advise tomato juice for a child every day that he does not have citrus fruit of some kind. This is to give the child the vitamin C that he needs.

Let's take time off a minute and discuss this vitamin found so abundantly in tomatoes whether they are raw, cooked or canned. To begin with vitamin C is known as the antiscorbutic vitamin because lack of it in the diet causes that well-known disease called scurvy. When children do not have enough

foods containing this vitamin, they become irritable, lacking in stamina, do not grow normally and have little resistance to infectious diseases. Shortage of vitamin C also is thought to be an important factor in the prevalence of tooth decay and in much of the so-called rheumatism in both children and adults.

The best sources of this vitamin are tomatoes, citrus fruits and raw cabbage and turnips. Because the body is unable to store vitamin C in any quantity, food containing it should be eaten daily. Another point is that it is often easily destroyed by heat. Cooked cabbage, for example, loses a great deal of the valuable vitamin it had when raw. But tomatoes are still valuable sources, whether they are cooked or canned.

When my grandmother was a little girl, many people believed that tomatoes were poisonous. She had a little tomato growing plant in a pot for decorative purposes only, and she called the fruit that grew on it "love apples." Whoever discovered that tomatoes were not poison but good to eat certainly did a good turn to the human race.

An Italian friend of mine tells me that in Italy where this vegetable is used a great deal it is still called "the golden apple."

But vitamin C is not the only reason that tomatoes are important in our diet. Tomatoes are good sources of <u>four</u> vitamins and they contain several important minerals.

Because of the low cost, many hospitals and families use tomato juice instead of orange juice in the daily diet of infants and very young children.

Not all fads are sensible ones, but the vogue for vegetable cocktails served at the beginning of a meal is both sensible and healthful and gives a new use for tomatoes. The pleasant acid flavor and the attractive red color make tomato juice a nice addition to any vegetable juice cocktail. The wise home canner nowadays puts up not only canned tomatoes but also canned strained tomato juice each fall to provide her family with cocktails and soup for the rest of the year.

How to use tomatoes besides in soups or cocktails? Well, in the first place, open your green cookbook to page 61. There is a recipe for baked tomatoes, easy to fix; another for baked stuffed tomatoes; a third for broiled tomatoes --- nice for a mixed grill meal. Turn over the page. At the top is what Cousin Susan would call a "perfectly elegant" recipe for fried tomatoes. Then there is that good and simple mixture of stewed tomatoes and celery --- very nice for the children. And finally there is a main dish for a lunch or supper --- tomatoes, corn and cheese on toast.

Beside the suggestions in the cookbook, there is a collection of twenty-eight recipes for ripe and canned tomatoes, just put up in mimeographed form at the Bureau of Home Economics. You can have that free leaflet by writing me in care of this station or direct to the Department of Agriculture at Washington, D. C. Ask for the ripe and canned tomato recipes. Some of the recipes are new and have never been published anywhere before. But all have been tried out in the Bureau kitchen.

Since you are likely to be busy entertaining tomorrow, the Menu Specialist has planned an easy Friday supper menu for me to suggest to you today. The first course is one of those all-in-one dishes --- clam or fish chowder, which makes practically a meal in itself. Fish and vegetables served together. With the chowder serve crisp toast, or crackers given a last-minute heating in the oven. Then serve crisp celery. And for dessert, apple dumplings with cream.

You'll find the directions for the clam chowder right on the first page of the radio cookbook. That reminds me. So many letters have come in lately asking the price of this book that I'd better stop and tell any new listeners that the green radio cookbook is free --- no charge for the book nor for postage. Write for it to this station or write direct to the Department of Agriculture at Washington, D. C. and there will be a cookbook on the way to you as soon as possible. The name of the cookbook is "Aunt Sammy's Radio Recipes Revised." Don't be discouraged if it is two weeks or more before the cookbook or the free bulletins you order reach you. It takes some time for your letters to get back to Washington and some time to fill all the orders that come in every day. There's one thing sure, though. The sooner you order a cookbook the sooner you'll get it.

Now to go back to the clam chowder. That, as I said, is on the opening page of the cookbook. Over the page there is a recipe for fish chowder.

I'm going to give you the fish chowder recipe today. All those who own green cookbooks needn't listen to this recipe. But before I start, let's all go over the menu together. Clam or fish chowder; Crisp toast or crackers; Celery; and for dessert, Apple dumplings and cream.

Ten ingredients for fish chowder.

1 and 1/2 pounds of fresh cod, haddock or other large fish
2 cups of diced potatoes
1 cup of diced carrots
1 quart of water
1/4 pound of salt pork, diced
1 onion chopped
2 tablespoons of flour
1 pint of milk
Salt and pepper

Shall I go over that list? (repeat.)

To make the chowder, first cut the fish into small pieces and remove the bones and skin. Cook the fish, potatoes and carrots in the water for 15 minutes. Fry the salt pork until crisp and remove it from the fat. Then cook the onion in the fat for a few minutes. Add the flour, stir until well blended and add the milk. Add this mixture to the fish and vegetables. Then add the salt and pepper. Stir frequently and simmer for 10 minutes longer. Add more seasoning if necessary and serve over crackers.

Monday: "A Dinner from India."